



# 4 Pillars of Health

An easy way to look at health is to think of your body as your own personal home. Just like a house needs support pillars to remain strong, your body also needs strong supports. When one of these areas is lacking it can affect the others.

**Nutrition:** your diet, or what you eat. Whether healthy or unhealthy, it impacts your body and the way it functions.

**Physical Activity:** the amount of movement and exercise you get. Exercise has numerous benefits and can help keep your body functioning the way it is supposed to.

**Sleep:** the time that your body uses to rebuild, regrow, and recover. If you deprive yourself of sleep, your body reacts in negative ways.

**Behavioral Health:** encompasses many topics including stress management and coping skills, mindfulness, anxiety, and overcoming barriers. Having a good support system as well as being able to recognize stress are necessary for good mental health.

